

ANACONDA TIMES

Proudly Serving Logistical Support Area Anaconda

Vol. 2, Issue 43

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Photo by Spc. Spencer Case

Medic helps save the lives of Soldiers caught in burning humvee

pg. 6

A new school and new backpacks, U.S. Soldiers help Iraqi children

pg. 8,9



Photo by Sgt. Jason Mikeworth

Communications 'good to go'

The 4th Sustainment Brigade checks all equipment before taking over in Taji



pg. 4

Photo by Sgt. Joshua Salmons

Spc. Brian Kelley adjusts the leveling mechanism on the front of a Ku-band satellite trailer during a switch exercise for the 4th Sustainment Brigade at Camp Taji, Iraq, Oct. 14. Kelly is a satellite communication system maintainer/operator with Co. A, Special Troops Battalion, 4th Sustainment Brigade. The exercise made sure the unit was ready to take over command.

A letter from the home front

Melissa Oviedo, the wife of Spc. Erick Oviedo from the 814th Eng., writes a poem and letter

To my husband, Spc. Erick Oviedo, 814th Engineers

I knew from the first moment I saw you that we were meant to be together.
With thoughts of you and your love, I knew this storm we could weather.
It's been so long since you've been away
I wait patiently for your return day after day
I know that you've been gone for a year
Oh, God how can I make these tears disappear
I wake in the morning with you on my mind
How will I do this each day time after time.
I often wonder how I can live so long without your gentle touch.
I have come to love you so very much.
Minute after minute, day after day,
I ask God why does he have to be so far away.
God responded by saying to me
He is there to help those people to be free.
He said just have patience, faith and belief
I'll send your Soldier home and then you'll have relief.
I trust God completely with all of my heart
That he will bring you home and we will no longer have to be apart.

Erick, this poem doesn't even come close to what I feel for you and will always feel. We have been through so much the past couple of years. Out of the last 29 months, you were only home for four. From AIT, to a year in Korea, and now Iraq, you will always be with us in our minds and in our hearts. You were there with us when Nikolas was born and on Brandyn's first day of Kindergarden. You were there when they were sick and when I had bad days at work. You are there through everything we do.

You gave up everything so we don't have to worry about anything. You haven't complained and continue to give and give. So thank you. Thank you for being on guard 24 hours a day while I sleep safely in my bed. Thank you for eating at the chow hall while I eat at Outback. Thank you for waiting in line for hours to call me. Thank you for all you have done and will do. I couldn't ask for a better husband or best friend. You are our hero! We are so very proud of you and can't wait to see you. So if we have to go through this again, I'm all for it. Just as long as we get to do it together. I love you so much Mi Vida, and all I want for Christmas is you.

Your loving wife,
Melissa Oviedo



Photo by Sgt. Mitch Armbruster

Staff Sgt. Robert Fuentes (center) and fellow Soldiers with the 4-159th Aviation Maintenance Co. get ready to redeploy.

Soldier visits sick and injured at hospital

**By Sgt Mitch Armbruster
Staff Writer**

Helping others is a quality that Soldiers and members of other services share in the sacrifice they make to serve their country.

Staff Sgt. Robert Fuentes, assistant shop supervisor with the 4-159th Aviation Maintenance Company (AVM), filled a void in his days by volunteering to sit with injured Soldiers and other hospital occupants on Sundays at the hospital located on LSA Anaconda.

Fuentes was shopping at the post exchange on the west side of post when he decided to visit the sick and wounded on Anaconda.

"I just needed to do it," Fuentes said. "I felt compelled to visit them. I wanted to honor them and give them a sense of hope. This is a critical event that is going to change their whole lives."

Fuentes was able to convince Soldiers from the unit to volunteer some of their free time by joining him at the hospital.

"Staff Sgt. Fuentes is great and would do anything to help out," said Sgt. Amy Louise Brown, from the 4-159th AVM Headquarters and Headquarters Detachment.

Fuentes and the Soldiers of his unit are redeploying to the States, however, Fuentes used his free time to visit Soldiers and Iraqi civilians undergoing treatment at the hospital. Fuentes isn't a stranger to helping others.

He has spent the last 10 years working as a civilian in the volunteer office at Michigan State University.

His job is to help people find volunteer opportunities with the Peace Corps, AmeriCorps, and other volunteer organizations.

"I wanted to help inspire people to make a difference," Fuentes said.

Fuentes described an event that he believes will remind him of his deployment in Iraq. He walked by a room where a man was holding an infant girl while feeding her.

"I asked the gentleman if I could take over bottle-feeding the seven-month old. She was an [improvised exploding device] casualty," Fuentes said. He added that feeding the infant made him feel great.

Not only has he connected with Soldiers and civilians, Fuentes has had the opportunity to sit with members of the Iraqi National Guard and the Iraqi Security Forces.

"They are hungry to talk to someone. I used that moment to build comradery with our partners," Fuentes said.

Fuentes goes to the hospital no matter what his mood. "Sometimes I don't feel like going but it's a duty and an honor," Fuentes said. His duty and honor is to give back to those being cared for at the hospital.

"The Soldiers going outside the wire are my heroes because they go out everyday. I've got it all, so I need to give back," Fuentes said.

Giving back has been a major part of Fuentes's deployment. Servicemembers throughout Iraq have spent time helping each other and helping the citizens of Iraq. Deployed servicemembers, like Fuentes, make a great sacrifice by offering their time and service to help others wherever they may be serving.

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New spiritual fitness center opens in Mosul

Sgt. Rachel Brune
101st Sustainment Brigade

LSA DIAMONDBACK, Iraq – The top chaplain in Iraq visited the new spiritual fitness center, Eagle’s Rest, Oct. 4 here.

Capt. John P. Smith, 142nd Corps Support Battalion chaplain, conducted the tour for Col. Lilton J. Marks, Multinational Forces Iraq Command chaplain.

The center, which opened Sept. 17, is a “one-stop shop” for holistic and creative wellness, according to Smith.

The unit ministry team offers programs through the center that target at-risk personnel facing major issues that would eventually stop them from accomplishing their missions.

“This is a very good center and ... concept,” Marks said.

Chaplains usually handle emergencies, but the unit ministry team wanted to find a way to resolve issues before they reach that stage, Smith said.

“We consider this a proactive approach to reaching out to Soldiers,” he said.

The center, located next to the local national Internet café across the street from battalion headquarters, contains three computers for Internet access, shelves of paperback books, couches, a popcorn maker, magazines and a projector for watching movies.

The most important asset is the multi-faith prayer

We consider this a proactive approach to reaching out to Soldiers.

- Capt. John P. Smith



Photo by Sgt. Rachel Brune

Capt. John Smith, 142nd Corps Support Battalion chaplain, describes the new spiritual fitness center to Multinational Forces Iraq Command Chaplain Col. Lilton J. Marks. Marks visited the center Oct. 4.

room, designed to provide for the free expression of all religions, according to Smith. If a Soldier is not religious, he or she can use the room for meditation.

A short, heavy rainfall the night before flooded the courtyard with debris. The unit ministry team worked with rakes and brooms to clean before Marks’ visit.

The enlisted Soldiers on the team worked just as hard to get the center running, get the programs up and draw Soldiers in, Smith said.

The spiritual fitness center is part of Smith’s overall “ministry of presence.” He visits each company on a weekly basis and sometimes accompanies the units on missions outside the forward operating base.

“[You have] instant success when you go out in harm’s way with [the Soldiers],” Smith said.

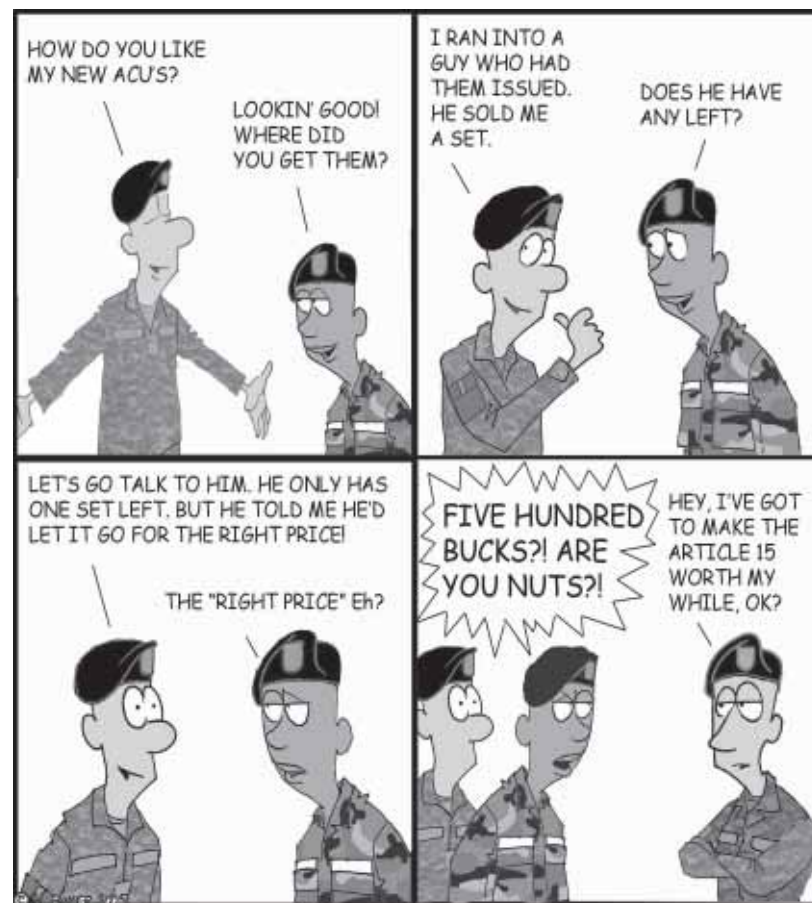
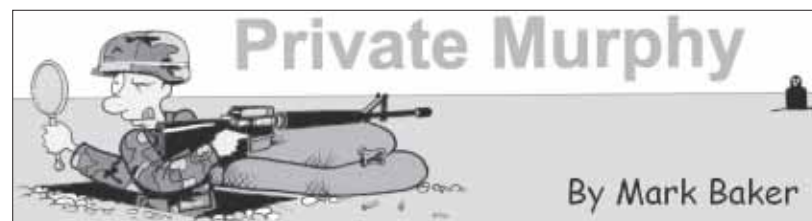
The unit ministry team advertised the center via flyers listing the “Top 10 Reasons to Stop By.”

The primary focus of a chaplain’s mission is to provide ministry to Soldiers to alleviate the stress of combat, Marks said. He congratulated the chaplain teams in country on the “outstanding” job they are doing.

As MNF-I chaplain, Marks encourages Soldiers not to hesitate to contact their unit ministry teams to help them with their spiritual life.

“I think this is an outstanding spiritual fitness center,” Marks said.

Download the *Anaconda Times* at www.mnf-iraq.com/publications_theater.htm



Are you funny? Can you draw? Can you draw funny?

Submit original cartoons about military life in Iraq to the *Anaconda Times*. If you can’t draw, just send us an idea. If you can’t think of an idea, just send us a funny drawing. Don’t be embarrassed, we promise we’ll laugh.

send to: chokehold.thompson@us.army.mil

Question of the Week

What was your first impression of your deployment to Iraqi?



Spc. Jason Conaway
Unit 4, JTF
"Lack of color."



Spc. Kress Kyle
Unit 4, JTF
"It's a little different than I thought, I thought there'd be more sand."



Sgt. Dwayne Herolaga
319th QM Det 1
"It wasn't what everyone said it was, I thought it would be bigger." [The LSA]



Sgt. David Jordan
159th AVN BDE
"I thought it was going to be more modern."



Sgt. 1st Class Robert Clay
3rd COSCOM
"I was amazed, I didn't know what to expect-in a positive way."

Soldiers set up, test communications

By Sgt. Joshua Salmons
4th Sustainment Brigade PAO

CAMP TAJI, Iraq -- Satellite dishes popped up like wildflowers as signal Soldiers from the 4th Sustainment Brigade began a three-day switch exercise.

The operation was intended to test the unit's tactical satellite and Joint Network Node (JNN) equipment before any communication missions formally began.

"The purpose is to make sure our JNN is up and running," said 2nd Lt. Kemielle Smith, executive officer, Company A, Special Troops Battalion, 4th Sustainment Brigade. "We will make sure all the parts made it in shipment and that nothing got busted during transition."

Unlike a field training exercise where scenarios are acted out and problems resolved, a switch exercise is less formal -- usually consisting of a few run-throughs to ensure proper equipment functioning.

Day one and day two involved setting up communication gear, while day three consisted of testing and troubleshooting.

"It's basically...a familiarization to set up and see where [equipment] is going to sit," said Staff Sgt. Scott

Allison, platoon sergeant, Co. A. "We're going to be set up and we'll be running 24-hour operations eventually, but not yet," he said.

The JNN equipment is a relatively new addition to the Army communication repertoire, with the first systems from General Dynamics delivered to the 3rd Infantry Division for their Iraq rotation in 2004.

The JNN uses satellite technology to provide a digital network package with faster transmission rates and is able to integrate with every branch of the military for communication in a joint environment.

"The equipment is a lot easier to use," said Pfc. Joseph Smith, a satellite communication system operator and maintainer with Co. A. "They've done everything they can to make it as simple as possible. Pretty much you just push a button and the machine does the rest."

Replacing traditional line-of-sight communication gear, called multiple subscriber equipment, the JNN satellite will handle voice and data needs for the brigade's logistical mission while in theater.

With the exercise behind them, the signal Soldiers will use the coming weeks to further optimize communications along the new network.

"As long as we know we're [good to go], we can start helping 4th ID," said Smith.



Photo by Sgt. Joshua Salmons

Pfc. Joseph Smith checks the signal readings on a Ku-band satellite trailer during a switch exercise for the 4th Sustainment Brigade at Camp Taji, Iraq, Oct. 15. Smith is a satellite communication system maintainer/operator.

IA needs logistics and NCOs

American Forces Press Service

WASHINGTON, Oct. 21, 2005 -- The Iraqi army needs to develop a dependable logistics system and a professional cadre of noncommissioned officers, the top U.S. military commander in Baghdad said today.

"The most telling requirement for the Iraqi army now" is to develop a dependable logistics system that provides battalion commanders with fuel, ammunition, water, food, replacement vehicles, repair parts and personnel, Army Maj. Gen. William G. Webster Jr., commander of Multina-

tional Division Baghdad, told Pentagon reporters during a satellite-teleconference briefing.

The Iraqi army now relies on contracted logistics support, Webster said. It'll probably take a year to two years for the Iraqis to develop a reliable military logistics system, he said.

Developing such a logistics system will require close collaboration between the Iraqi government and U.S. military officials, Webster said.

To that end, Army Lt. Gen. Martin E. Dempsey has been tasked by Multinational Force Iraq Commander Army Gen. George W. Casey Jr. "to pick up that ball and run with it," Webster said. Dempsey

assumed command of the NATO training mission in Iraq from Army Lt. Gen. David H. Petraeus on Sept. 8.

The Iraqi army is also aware of its need to establish a noncommissioned officer corps, Webster said. Such a "corps of sergeants," he said, constitutes "the backbone of the United States Army."

Efforts are under way to train promising young Iraqi soldiers as NCOs, "to lead their men in combat and to exact discipline and accountability," Webster said.

Improvements made to Iraqi army logistics and leadership areas "will eventually 'slingshot' them towards success," Webster said.



Photo by Spc. Spencer Case

Iraqi soldiers of the 2nd MTR deliver medical supplies on Oct. 1

Freedom Radio Frequencies



"Always There, on the Air!"

107.7	Baghdad
107.9	Sinjar
105.1	Mosul, Fallujah
107.3	Balad, Kirkurk, Tallil, Ar Ramadi
93.3	Q-West, Tikrit, Al Asad
107.1	Ridgeway
102.5	Camp Taji

**Once, they see you.
 Twice, you're known.
 Three times you're dead.**

Don't be predictable.



0007

IEDs KILL

Preventive medicine offers tips on how to avoid disease

**By Staff Sgt. Monika Comeaux
Staff Writer**

If you cross a lake or ditch in Iraq, you may be exposing yourself to *Schistosoma* parasites, which can penetrate your skin, enter your circulatory system and in a few weeks, worms grow inside your blood vessels and lay eggs.

Soldiers of the 261st Area Support Medical Battalion, from Fort Bragg, N.C., at LSA Anaconda have worked for almost a year in theater. One of their main missions is to make people aware of diseases in Iraq that are uncommon in the United States.

"We have three diseases that we are very aware of in this region," said Staff Sgt. Victor A. Bernal, a preventive medicine technician from the 261st. "These three are leishmaniasis, schistosomiasis and malaria."

Leishmaniasis, which is spread by sand flies, has two forms: cutaneous and visceral, according to the U.S. Army Center for Health Promotion Preventive Medicine and the Department of Health and Human Services Centers for Disease Control and Prevention Web sites at www.chppm.com and www.cdc.gov.

Cutaneous leishmaniasis is basically open sores on the skin, Bernal said. The Web sites explain that the sores can be painless or painful. Some people have swollen glands near the sores.

"Visceral leishmaniasis affects the internal organs," Bernal said. Patients experience fever, weight loss and their spleen and liver are enlarged.

"Even though in the southern region of Iraq malaria is not prevalent, in the northern regions of Iraq there are cases of malaria, not among the U.S. military, but local Iraqi people," Bernal said.

"Higher temperatures allow the *Anopheles* mosquito to thrive. Malaria parasites, which grow and develop inside the mosquito, need warmth to complete their growth before they are mature enough to be transmitted to humans," according to the CDC Web site.

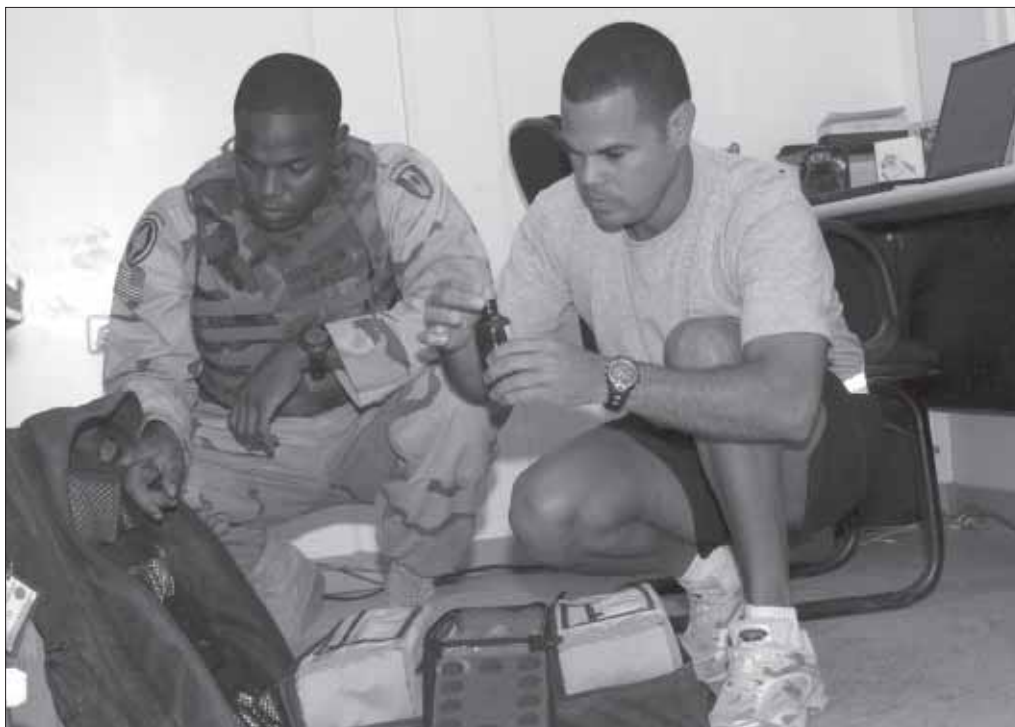


Photo by Staff Sgt. Monika Comeaux

Sgt. Reginald A. Thompson and Staff Sgt. Victor A. Bernal, both preventive medicine specialists from the 261st Area Support Medical Battalion from Fort Bragg, N.C., inspect the contents of an environmental sampling backpack.

Patients with malaria typically are very sick with high fevers, shaking chills, and flu-like symptoms. If untreated, the disease may be fatal.

"Our Soldiers are pretty safe from malaria, because we have some countermeasures against it," Bernal said.

What is important to know, is that all three of these can be prevented by the proper wear of the Deet, the use of Permethrin and proper wear of the uniform, said Sgt. Reginald A. Thompson, preventive medicine technician, also from the 261st.

"The Permethrin will usually last for about six washes," Thompson said.

Keeping the living and working areas clean is a must. Keep rooms cool in the summertime, because mosquitoes and sand flies are not accustomed to low temperatures.

"Soldiers should also use their mosquito nets if they have to sleep outside," Bernal warned.

Two other things the Soldiers of the

preventive medicine team emphasized are rabies spread by stray animals, and the Hanta virus.

As much as Soldiers like to pet cute little dogs and kitties, they should avoid contact with them.

"It is a painful series of shots people get when they are being treated for rabies. If it is not diagnosed in time, it can be fatal," Thompson said.

Hanta virus is spread by the feces and urine of mice and rats. To prevent contact with the Hanta virus, Soldiers should spray their floors with diluted bleach before sweeping, to avoid stirring up the particles and inhaling them as they sweep.

The preventive medicine teams are here in theater to assist any unit. To contact the preventive medicine team theater wide, call DSN 318-829-2113.

The Web sites mentioned above also contain useful information about the prevention and recognition of these and other diseases.

New NCOs join ranks in Mosul

115 NCOs inducted into the NCO Corps

**Sgt. Rachel Brune
101st Sustainment Brigade**

LSA DIAMONDBACK, Iraq — The 142nd Corps Support Battalion inducted 115 noncommissioned officers into the NCO Corps in a ceremony, 2:30 p.m. on Oct. 3 here.

"The [first NCO rank] is a temporary station to endure the first challenges of leadership," said Command Sgt. Maj. Vincent Scarfo, Forward Operating Base Marez.

The inductees included sergeants and staff sergeants, as well as specialists and corporals who had assumed leadership positions in their units.

Command Sgt. Maj. Edward Johnson, 142nd CSB, invited the inductees to "step over the time-honored line into the corps of noncommissioned officers."

An NCO sponsor introduced each Soldier who stepped across the line, citing that Soldier's rank, unit and hometown.

Three watches preceded the induction, or fourth watch. These were based on a tradition dating back to the army of Frederick the Great.

During the first watch, representatives of the junior enlisted ranks claimed symbolic gifts of bread and non-alcoholic brandy.

In the second watch, representatives of each NCO rank claimed symbolic gifts of near-beer and tobacco.

For the third watch, 1st Sgt. Perry Williamson, Headquarters and Headquarters Detachment, claimed a glass of non-alcoholic wine and some tobacco. Pfc. Derrick Davis read the "Soldier's Request," reminding the newly-inducted NCOs of their duties to their subordinates.

Sgt. Rodrick Jordan, assistant battalion S-1 NCOIC, led the inductees and NCO audience members in a recitation of the Noncommissioned Officer Creed. The creed details the many responsibilities and duties of an NCO.

Scarfo reiterated those duties in his remarks. He said: "This is not an easy path you have chosen."

The rewards of being an NCO are moral and spiritual rewards based on the Army values, according to Scarfo.

"When you receive those rewards, you will know you have succeeded as a noncommissioned officer," said Scarfo.

Sec Def: allegations need to be resolved

American Forces Press Service

VILNIUS, Lithuania, Oct. 22, 2005 – Allegations like those lodged this week against Soldiers in Afghanistan accused of mistreating Taliban fighters' dead bodies - whether true or not - can cause tremendous harm to the United States and need to be resolved quickly, Defense Secretary Donald Rumsfeld told reporters traveling with him here today.

Allegations of wrongdoing by U.S. servicemembers "concern me deeply and concern the Department of Defense," the secretary said.

But more importantly, he said, such allegations harm the United States and its men and women in uniform, regardless of the validity of those claims. He noted the damage caused during rioting that

followed allegations of mishandling of the Koran by U.S. troops at Guantanamo Bay, Cuba. As investigators take pains to uncover the full details of an allegation of misconduct or wrongdoing, the incident gets repeated over and over in the news media, Rumsfeld said.

The best way to reduce the damage this causes is to accelerate the way incidents are investigated, he said.

"We have to find a way to have the military justice system operate at a pace that reflects the world of the 21st century, with 24-hour news and a desire to report things that are dramatic and negative and to repeat them over and over again until for some reason they are disproved or concluded," Rumsfeld said.

Medic, combat life savers work hard to save lives of Soldiers on patrol in Iraq

By Sgt. Jason Mikeworth
Staff Writer

It started as a normal August day. Soldiers of Task Force 1/128th comprised of K Troop, 3rd Squadron, 278th Armored Cavalry Regiment and 1st Battalion, 128th Infantry Regiment, were returning to Forward Operating Base O’Ryan after a successful mission escorting an engineer unit.

The engineers enhanced security at an offsite location, and all of the Soldiers were looking forward to calling it a day. They were just minutes away from an improvised explosive device changing their lives forever.

The IED, made from two anti-tank mines, detonated beneath the lead vehicle of the patrol, tossing the humvee into the air and causing it to land on its roof. The smoke and dust obscured the vehicle from the view of the rest of the patrol.

“The first thing I did was give a contact report,” said Sgt. 1st Class Eric Weaver, a platoon sergeant with K Troop. “Then I radioed to the vehicle to see if they had rolled through it.”

There was no answer. As the smoke cleared, Weaver could see the vehicle was on fire.

“The patrol didn’t hesitate. They dismounted and went right to work,” Weaver said. “My driver was out the door with his fire extinguisher before I could even grab the mic for his radio.”

Staff Sgt. Johnny McCullouch, a squad

leader with Weaver’s 3rd Platoon, raced forward in his vehicle to the scene, setting up perimeter security along the way.

“I ran up to the vehicle,” McCullouch said. “The rounds in the back of the truck had begun to cook off.”

While some Soldiers worked to extinguish the fire, others worked to pull the wounded from the overturned humvee.

“We didn’t have any idea where the crew was when we first got up there. The fire was a major concern. We had to get that fire out,” Weaver said.

Sgt. Chad Mahutga, a medic with 3rd Platoon, got to the scene as quickly as he could.

“It was like time stood still,” Mahutga said. “As soon as my feet hit the ground, it was like operating on instinct.”

Mahutga went to work organizing a casualty collection point with the help of combat life savers from the engineers and from K Troop. McCullouch ordered another vehicle closer to the scene to help shield the wounded from the rounds that were discharging in the fire.

Ten years of experience as a combat medic were put to feverish use as Mahutga worked to treat shrapnel wounds, head injuries and to keep one Soldier’s airway open.

“Doc Mahutga was like a machine. He was doing what he was trained to do,” McCullouch said.

Weaver also expressed his admiration for Mahutga’s actions.

“Sgt. Mahutga is a franchise player, I’m glad he’s on my team,” Weaver said. “None of them would have survived if he hadn’t been there. He took a bad situation and made it better.”

The medevac arrived, and the patrol removed the damaged humvee. They encountered another IED before reaching

FOB O’Ryan that fortunately caused no damage. The end of the day left two Soldiers, Staff Sgt. Victoir ‘Vic’ Lieurance and Sgt. Joey Hunt, dead, three wounded and an entire platoon to deal with the aftermath.

“You can never prepare for that, but

you can try to rehearse it in your mind,” Mahutga said. “I replay the situation in my head over and over and can’t help but to think ‘is there something else I could have done different?’”

Weaver knew the loss of two friends wouldn’t be easy for his platoon to deal with. “The first thing I did was gather everybody and gave a briefing on what exactly happened and the fact that we’d need each other,” Weaver said.

Talking about the attack helps the platoon deal with the tragedy of the day.

“We talk to each other about it a lot,” Weaver said. “We don’t keep anything bottled up.”

McCullouch found the incident hard to work through. An active guard recruiter for the Tennessee National Guard, McCullouch had recruited one of the wounded Soldiers shortly before deploying to Iraq.

“When you’re the man that brought them to this point and have to deal with this situation, it made it that much more difficult,” McCullouch said. “A lot of guys like to cuss their recruiter, but at least if they wanted to cuss me, I was standing right next to them.”

The day after the attack, the Soldiers of 3rd Platoon had a chance to say goodbye to Hunt and Lieurance.

“We were allowed to load them on the plane with our own little ceremony. It was upsetting, but it helped put some closure on a bad situation,” Weaver said.

K Troop has overcome the tragedy to successfully complete over 1,700 missions, including over 150 raids on suspected insurgent hideouts, while identifying close to 3,500 IEDs and unexploded ordinance. They have also performed humanitarian missions to improve roads, assist in water purification projects and repair schools.

Through it all, they haven’t forgotten their fallen comrades.

“They’re not replaceable,” Weaver said.

Bush evokes Reagan, says terrorism will fail

American Forces Press Service

WASHINGTON – Evoking President Ronald Reagan’s leadership of America’s resolve in confronting communism during his two terms in office, President Bush said on Oct. 21 that Islamic radicalism is doomed to fail as communism did.

Bush spoke at the Ronald Reagan Library, in Simi Valley, Calif., for the dedication of the new Air Force One Pavilion at the museum, featuring the 707 jet used by Reagan during his presidency.

America prevailed in the 20th-century contest of wills between American freedom and Soviet totalitarianism, Bush noted. In the 21st century, “our freedom is once again being tested by determined enemies,” he added.

Terrorists like those who attacked America on Sept. 11, 2001, “are followers of a radical and violent ideology,” Bush said.

Terrorist mastermind Osama bin Laden and others of his ilk “exploit the religion of Islam to serve a violent political vision — the establishment of a totalitarian empire that denies all political and religious freedom,” Bush said.

Islamic extremists distort the concept of jihad, or holy war, to command their followers to murder anyone not in agreement with their principles, including other Muslims, the president said. Like old-style Soviets imbued with the ideology of communism, today’s terrorist leaders “presume

to speak” for the masses, he added.

The terrorists abhor democracy and embrace totalitarianism’s traditional control over people’s religious and political beliefs as well as social conduct, Bush said, adding that extremists also believe that “men and women who live in liberty are weak and decadent.”

And, like communistic ideology, Islamic radicalism “is doomed to fail,” Bush said.

The extremists will fail, Bush said, because their vision “undermines the freedom and creativity that make human progress possible and human society successful.”

With beliefs anchored onto archaic, medieval concepts, Bush said, “the only thing modern about our enemies’ vision is the weapons they want to use against us.”

Bush noted that other political movements that rejected human liberty “condemned themselves to isolation, decline and collapse.”

“Because free peoples believe in the future, free peoples will own the future,” Bush said.

America and its allies are confronting Islamic radicals “with confidence and a comprehensive strategy,” Bush said, while striving to preempt possible new terror attacks. The United States also is working to stop terrorists and the world’s outlaw regimes from obtaining weapons of mass destruction, he said.

Efforts also are ongoing to prevent terrorists from using other nations’ territory for training, Bush said, or as a base to launch attacks.

LSA ANACONDA Dining Facility

Hours of Operation

DFAC 1

Breakfast	6 a.m. to 9 a.m.
Lunch	11:30 a.m. to 2:30 p.m.
Dinner	5:30 p.m. to 8:30 p.m.
Late Night	2 a.m. to 5 a.m.

DFACs 2 & 3

Breakfast	6 a.m. to 9 a.m.
Lunch	11:30 a.m. to 2:30 p.m.
Dinner	5:30 p.m. to 8:30 p.m.
Late Night	11:30 p.m. to 1 a.m.

DFAC 4

Breakfast	5:30 a.m. to 8:30 a.m.
Lunch	11 a.m. to 2 p.m.
Dinner	5:30 p.m. to 8:30 p.m.
Late Night	11:30 p.m. to 1 a.m.

The DFAC hours for all locations are seven days a week. All patrons must be in the proper uniform and be able to present appropriate identification.

Red Bull and teeth: bad combination

Army dentists are seeing a rise in Soldiers getting cavaties on deployment, sugary drinks to blame



Photo by Sgt. Jason Mikeworth

Col. Robert Erlach of the 373rd Medical Company examines Spc. Ronald Barker. Erlach is concerned by the increase of cavities among Soldiers deployed to Iraq.

**By Sgt. Jason Mikeworth
Staff Writer**

Some health risks facing Soldiers in Iraq have a visible, immediate effect. Dehydration depletes a Soldier's ability to perform a mission rapidly. Improper lifting of heavy equipment can leave a Soldier in pain for long periods of time. Beyond these, however, is a slower, silent ailment chipping away at the health of unsuspecting troops serving in Iraq.

The villain is sugar. When combined with poor dental hygiene, sugar can cause massive decay in the teeth of servicemembers here.

"We're seeing guys coming through here with 10 or 15 cavities," said Col. Robert Erlach, a dentist with the 373rd Medical Company's dental services section. "It's almost an epidemic."

Some obvious culprits are sodas and sugar-filled, fruit-flavored drinks. Some less notable, but just as damaging drinks are sports drinks and energy drinks.

"We call it Red Bull syndrome," Erlach said. "We're seeing a lot of decay at the gum line around all of the teeth."

Left untreated, Erlach said, the decay will eventually cause the patient to lose their teeth and damage the supporting bone structure. If the bone structure is damaged too severely, the patient is unable to even use dentures.

"You have about 150,000 different types of bacteria in your mouth that like to do two things," said Sgt. Edward Abernethy, a dental assistant with the 323rd. "They like to eat and multiply."

Sugar is the prime food for the bacteria. The byproduct of the gluttonous bacterial feast is acid.

"As the bacteria eats and reproduces, it excretes acid

on your teeth," Erlach said. The acid then eats through the enamel on the tooth, creating cavities.

"When you go out there and you're working 36 hours on a convoy, we realize they need to drink these energy drinks just to stay awake," Abernethy said. "That's OK, but if you're sipping it then it's like putting a sugar patch against your teeth."

Sugar stays in the mouth for about 20 minutes, whether its one teaspoon or one pound, said Erlach. Sipping on a sugary drink prolongs the assault on the enamel.

"If you sip all day, you'll get decay," Erlach said.

There are ways for Soldiers to fight back against tooth decay, Erlach said.

The first step to avoiding this effect is drinking quickly, Abernethy said.

"If you're going to drink it, slam it," Abernethy said. "Then get your canteen and swish around some water to get that sugar out."

Other methods to combat tooth decay, along with long time stalwarts brushing and flossing, is chewing sugarless gum and eating peanuts.

"Eating peanuts after drinking a sugary drink helps neutralize the acid," said Erlach. He added that Soldiers should avoid the honey roasted type.

Erlach hopes the message of taking better care of their teeth reaches Soldiers in Iraq. Losing teeth through poor dental hygiene isn't a pleasant experience.

"If you like drinking through a straw to get your nourishment, that's the way to go," Erlach said.

Ultimately, Abernethy said, it's an operator maintenance issue.

"You can help slow this process down by reducing your sugar intake, brushing, flossing and rinsing after drinking a lot of sugar," Abernethy said.

Raids made for a quiet election day

American Forces Press Service

WASHINGTON – Raids conducted by U.S. and other coalition and Iraqi forces in and around the Iraqi capital before the Oct. 15 referendum helped limit insurgent attacks on voting day, the U.S. military commander for troops in Baghdad said today.

"We knew that the insurgents were going to try to step up the level of violence to overthrow the government or at least to discourage people from participating in the referendum," Army Maj. Gen. William G. Webster Jr., commander of Multinational Division Baghdad, told Pentagon reporters during a satellite-teleconference briefing.

The insurgents failed to disrupt Baghdad polling places "partially because we have conducted a high level of operations over the past several months to get ready for this referendum," Webster said.

Those efforts paid off, Webster said. "There were only 12 (enemy) attacks in Baghdad" on referendum day," he noted. "In contrast, there were 103 enemy attacks in Baghdad during the Jan. 30 election."

Baghdad-based U.S., coalition and Iraqi forces have been "killing and capturing a number of Iraqi insurgents" in recent months, causing a decline in the effectiveness of terrorist operations, Webster said. Today, only about 15 percent of terror attacks in Baghdad cause property damage or injury, Webster

said.

U.S., coalition and Iraqi security forces are now conducting more than 800 anti-terror operations daily, Webster said.

Those operations involve combat patrols to obtain intelligence about enemy movements, traffic roadblocks, and night raids to capture suspected insurgent leaders, he said.

Webster said nearly 600 suspected insurgents were captured and detained during the two weeks prior to the referendum.

That represents nearly double the number of suspects usually detained over that length of time, he said. And 62 insurgents who fought capture were killed during those operations, he said.

Anti-insurgent operations conducted in Baghdad just before the referendum uncovered more than 27 weapons caches, some very large, that contained electronics, sniper rifles and scopes, Webster said.

Webster also said he was impressed by "the intense level of work" performed by Iraqi security force.

The Iraqis did an excellent job in safeguarding polling places during the referendum and "the arrangements that were set up by the Iraqi Ministry of Interior to stop traffic in Baghdad and to control the movement of the population."

Taken together, U.S., coalition and Iraqi security efforts "produced a very safe day for us" on referendum day, Webster said.



Photo by Spc. Spencer Case

Soldiers of Co. B, 2nd Battalion, 1st Infantry Regiment secure the outside of a house during a cordon and search mission, Rawah, Iraq, Sept. 26. Raids like these helped make election day a quiet one in Iraq.



Photo by Staff Sgt. Engels Tejeda

Local school children in An Numaniyah, Iraq open up their new backpacks and explore the contents. Soldiers donated the bags.



Photo by Spc. Spencer Case

A student sits alone before class starts in an old Iraqi school at An Numaniyah, Iraq. U.S. Soldiers helped get a new school building.



Photo by Staff Sgt. Engels Tejeda

A young boy looks out the window of his school in An Numaniyah, Iraq as U.S. Soldiers deliver schools supplies in new backpacks. The family and friends of Soldiers donated the supplies.

Soldiers donate school supplies to Iraqi children

By **Spc. Spencer Case**
Staff Writer

Until recently, going to elementary school in An Numaniyah, Iraq, meant trying to learn on broken desks in buildings that lacked electricity and running water. However, thanks to a small group of U.S. military advisors, about 200 children will attend a new school with amenities such as bathrooms and ceiling fans. They will also have backpacks full of school supplies donated by Americans.

Though their jobs do not require humanitarian work, the Soldiers of the Military Training Team (MiTT) for the Iraqi 2nd Motorized Transportation Regiment took it upon themselves when they witnessed the conditions of the schools in their area.

“One of our interpreters suggested we come out and visit one of the schools,” said Maj. David Motes, the senior military advisor for the team. “So we came out here, saw the schools, [and] decided there was something we could do about it.”

In April, Motes contacted members of the Army Corps of Engineers in Numaniyah who provided a floor plan for a new school. He eventually obtained funding to build the school from the Commander’s Emergency Response Program, a pool of money the Army has set aside to help with host nation infrastructure.

Construction began July 31 on publicly owned land 500 meters away from the old school. The school will be functional in a matter of days, Motes said.

In the meantime, Motes and the rest of the team turned to family and friends in the U.S. to help the school children get the provisions they needed.

“One of the ideas one of the Soldiers had was to provide backpacks full of school supplies to the kids,” Motes said. “So we created a miniature campaign that we did over the Internet and with our family and friends... just about everybody in the MiTT team has had somebody send something to help support it.”

When Sgt. 1st Class Michael Ulshafer

told his family about the project, his 13-year-old son, Nicholas Ulshafer of Laguna Hills, Calif., responded enthusiastically. Nicholas put an advertisement in the Orange County Register and helped organize a drive at his local school.

“Two weeks later, his mother called me and said ‘hey we’ve got all this stuff, what do we do with it?’” Ulshafer said.

“So he found a way to ship it out here and we’ve got about 20 boxes about 30 pounds each full of school supplies.”

Staff Sgt. Jerry Roesener contacted his family in Washington County, Ill., who organized a drive. He, too, was amazed by the strong reaction he got.

“I could not actually account for how much was sent to me from the county,” Roesener said. “I lost count. There was... an overabundance of stuff.”

Once they had received the supplies, the Soldiers prepared backpacks that were tailored to the grade and gender of the child. Younger students had toys in their backpacks, while older students had protractors and calculators.

On Oct. 17, the U.S. advisors and a few Iraqi soldiers of the 2nd MTR distributed about 200 backpacks to the students who will be attending the new school. Motes said there are enough supplies to make hundreds more and that any extra supplies will be distributed to other schools in the area.

The Soldiers who participated said they feel good about what the project has accomplished.

“Having children in school and being educated is probably the best thing they could do for their future,” Ulshafer said. “These kids are going to think back and remember the day when the Americans showed up and gave them a backpack full of goods. I think it will have a long lasting effect on them.”

“It’s been very rewarding,” Motes said. “We feel like we’re making a good move for the Iraqi people and that we’re helping to win the hearts and minds of the people... I wish that more Soldiers could actually get out and do this kind of project.”

Having children in school and being educated is probably the best thing they could do for their future.

- Sgt. 1st Class Michael Ulshafer



Photo by Spc. Spencer Case

Staff Sgt. Jerry Roesner, an advisor the Iraqi 2nd MTR, unloads backpacks from a truck to distribute at a school at Numaniyah, Iraq, Oct. 17.

261st regulates the highways of Iraq

By Sgt Ty Stafford
Staff Writer

The roads of Iraq have one common factor with those of the United States – regulations.

The 261st Movement Control Team Highway Traffic Division helps assist the 1st Corps Support Command on LSA Anaconda and surrounding forward operating bases in regulating movement on the roads of Iraq.

The 261st MCT normally operates on main supply routes and other designated controlled routes to regulate combat logistics patrols (CLPs), but due to the mission in Iraq they were redesigned to maintain a post on Anaconda.

The team is part of the 330th Movement Control Battalion, located at Fort Bragg, N.C. The battalion is normally responsible for regulating and coordinating the movements of all XVIII Airborne Corps Soldiers, supplies and equipment using every mode of transportation available.

“Of all the movement control teams ... in theater, the 261st MCT maintained key positions making a significant difference in the processing, managing and tracking of all COSCOM, Marine Expeditionary Forces and theater convoys for the past 11 months,” said Capt. James Ethridge, commander of the 261st.

The 15-man team also processes

transportation movement requests for troops and cargo from FOB to FOB, deployment and redeployment. Since their arrival, the MCT manage an average of 164 combat logistic patrols and about 2,500 vehicles a day.

Part of the Transportation Integration Cell, the newly formed traffic division had many responsibilities at Anaconda including, entry control points, central receiving point, the highway traffic office itself and maintaining a battle captain and corps movement programmer in the joint operations center (JOC).

At the ECP, the team was responsible

Our Soldier at the ECP had a tremendous responsibility. He had to be in constant contact with the HTD to know the updated road conditions before letting convoys outside the gates.

- Capt. James Ethridge

for enforcing the highway regulations on all CLPs exiting the gate.

“Our Soldier at the ECP had a tremendous responsibility. He had to be in constant contact with the HTD to know the updated road conditions before letting convoys outside the gates,” Ethridge said.

The ECP also used the Deployment Asset Visibility System to scan ID cards and cargo information which in turn is sent to a database for tracking along the roads. The DAVS, in conjunction with other systems, is used as a warning device. CLPs using the Movement Tracking system can get near real-time in-transit information to avoid danger areas.

“Using those systems in this brand new structure helped us make significant bounds in gaining trust with convoy commanders,” Ethridge said.

Within the HTD, the routes division consists of five regional operators who works with the Corps Support Group in their assigned area of operations.

The operators are responsible for assigning and coordinating movement of troops and cargo through the combat support groups.

The 261st also contributed to the management of the air operations cell at the JOC. The unit helped push class-designated supplies using the same system as the land cell.

The unit will be replaced by the 486th MCT from Germany in November.

Going on Emergency Leave?

Don't forget,



**you MUST
have civilian
clothes to
be able to
fly out!**

**Also make sure you
have a copy of your
orders on you at all
times, even when
you are at home!**

This year, Muslims celebrate Ramadan Oct. 4 to Nov. 2

**Please be sensitive to those who
observe this religious holiday.**

News Reel Anaconda

Real Soldiers, Real News

Airing daily at the Sustainer Reel Time Theater

Soldier powers up company with experience

**By Sgt. Mitch Armbruster
Staff Writer**

A National Guard Soldier with civilian skills in the field of electricity reworked the electricity and power flow for his company to increase productivity on Logistical Support Area Anaconda.

"The poor electrical conditions were unsafe. We had bare wires, overloaded circuits and too much amperage running through cables," said Sgt. James Foster, NCOIC of the electrical support shop with the 4-159th Aviation Maintenance Company,

Foster builds machines, designs circuitry, programs robots and sets up automation systems in the civilian world. He owns his own business at home and is familiar with the work that he was assigned to do at LSA Anaconda. Foster was chosen to run a special team for the 4-159th to handle electrical problems.

"With that knowledge I was able to build stuff out of junk," Foster said.

His team consisted of apprentices Spc. Michael Warren, Spc. Randy Spaulding and Sgt. Clint Hanson, to help him with projects around his area. They had their work cut out for them due to the bad shape the aviation hangars were in at the start of the company's deployment.

Although Foster and his team were working with a limited set of tools to fix the bad conditions they made the best of the limited resources.

Foster used innovative techniques to build panel equipment and switches for the electricity problems the unit was facing in the hangars they used to do maintenance on helicopters.

Foster's work moved from the hangars to the living areas and offices around the worksite. All of the work that Foster did



Photo by Sgt. Mitch Armbruster

Spc. Randy Spaulding and Sgt. Clint Hanson, Soldiers with the 4-159th Aviation Maintenance Company, work on getting a crane in their maintenance hanger operational to allow the helicopter maintenance crews better mobility while fixing aircraft.

allowed the 4-159th the freedom to move away from using multiple generators. He was able to consolidate the power that 12 generators were doing.

His efforts saved 49 gallons of fuel every eight hours.

Foster explained that he and his team worked on close to 1,000 work orders. The Soldiers not only fixed things like lights and wiring problems, but their

work exceeded expectations by creating lighting systems, reestablishing prime power, and illuminating the flight line with a system that had not worked for quite some time.

"I'm very proud of the Soldiers and the work they accomplished," said Lt. Col. Terence Reeves, the battalion commander.

Foster and his fellow Soldiers of the 4-159th have worked hard to keep helicop-

ters flying. Whether Soldiers worked directly on the aircraft or worked to make things better, their accomplishments were many. Foster's efforts with the electricity made the jobs of the maintenance people easier by giving them more light, more equipment use, and an overall better work area.

"We couldn't have done it without the support from our leadership," Foster said.

The 4th Sustainment Bde. takes over for the 46th CSG

**By Sgt. 1st Class Guadalupe Stratman
4th Sustainment Brigade PAO**

CAMP TAJI, Iraq – The 4th Sustainment Brigade from Fort Hood, Texas, replaced the 46th Corps Support Group from Fort Bragg, N.C., in support of Operation Iraqi Freedom on Oct. 15.

The brigade will provide logistical support throughout the Baghdad area.

The 4th Sustainment Brigade commander and primary staff symbolized the completion of their transfer of authority by handing their counterparts in the 46th CSG brigade coins.

For the past week, 4th Sustainment Brigade Soldiers shadowed the Soldiers who they would replace in the 46th CSG during a 'right-seat ride' scenario learn-

ing the way the CSG does business.

"You've done some incredible work throughout the past year," said Col. Gustavo Perna, commander of the 4th Sustainment Brigade, speaking to the 46th CSG. "You are a part of history. As you leave, I want you to keep one thing in mind: 'Don't look back.' You can rest assured that I feel comfortable with the mission."

The 46th CSG had a process to ease the 4th Sustainment Brigade transition of the Iraqi mission.

"Day-by-day goals were set and met," said Maj. Stacy Townsend, support operations officer with the 4th Sustainment Brigade. "The 46th picked on-going key events to cover and it went smoothly."

"We are ready and prepared to take over the mission," he added.



Photo by Sgt. 1st Class Guadalupe Stratman

Col. Kenneth McMillin (far right), commander of the 46th Combat Support Group, shares some words of wisdom with the 4th Sustainment Brigade on Oct. 15 at Camp Taji, Iraq.

West MWR Schedule

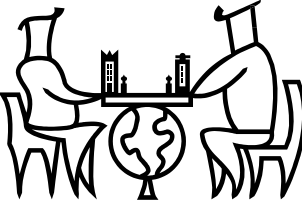
**Army vs.
Air Force
Thanksgiving Day
Basketball Game**
Come support your team,
both women's and men's, at
the Main Gym, Thanksgiving
Day at 7:30 p.m.

TEXAS HOLD'EM
at the
Panther Pavilion
Mondays at
2 p.m. and 8 p.m.



 **Darts
Tournament**
A darts tournament
will be held Sundays
at 8 p.m.

 **8-Ball
Tournament**
**Tuesdays at
1 p.m. and 8
p.m.**

 **Game Night**
Game night
will be every
Friday at 8 p.m.
Games featured
will include Risk,
Battleship and
Dominoes.



**LSA Anaconda Soldier's
Legal Center**
DSN 829-1533/1538

Dedicated to providing a variety of
services including:

Powers of Attorney and Notaries
Citizenship Application Preparation and Immigra-
tion Issues
Divorce and Family Law Issues
Guardianships
Tax Services
Servicemember's Civil Relief Act Issues
FLIPL and Reprimand Rebuttals
Personnel Claims and Wills

LSA Anaconda Fitness Center

Pilates

The LSA Anaconda Fitness Center
offers Pilates classes at 5:45 a.m. Mon-
day, Wednesday and Friday.

Aerobics

There will be an aerobics class Mon-
day, Wednesday and Friday at 6 p.m.
Freestyle aerobics is Saturday at 9
a.m., and today at 1 p.m.

Karate

Karate classes will be Sunday,
Monday, Wednesday and Friday at
7:15 p.m.

Tae Bo

The LSA Anaconda Fitness Center
offers Tae Bo classes Tuesday, Thurs-
day and Saturday at 5:30 a.m.

Kobushi Sessen Jutsu

The LSA Anaconda Fitness Center
offers classes in the feudal warrior
combat art Tuesday, Thursday and
Saturday at 8:30 p.m.

Capoeira

The LSA Anaconda Fitness Center
offers capoeira classes Sunday at 6
p.m and Monday, Wednesday and
Friday at 8:30 p.m.

Nihon Goshen Aikido

The LSA Anaconda Fitness Center
offers Nihon Goshen Aikido classes at
5:30 p.m. every Tuesday, Thursday
and Saturday in the Sprung Gym.

Brazilian Jiu-Jitsu

Combatives Classes will be
Sundays at 8:30 p.m. and Wednes-
days and Fridays at 8:30 p.m.

East MWR Schedule

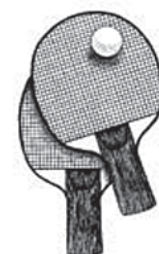


Karaoke Night

Open-mike nights will
be every Saturday at 8 p.m.

Table-Tennis Tournament

A Table-tennis tour-
namment will be every
Sunday at 3 and 8 p.m.



The first
Sanctioned
Powerlifting
Competition
on Oct. 30



8-Ball Tournament

An 8-ball tourna-
ment will be held
every Monday at 3
and 8 p.m.

Going Home?

A Naval Customs will be holding
briefings for returning units. The
Breifings will cover MILVAN
inspection and restricted items.

The brief will cover container and
MILVAN inspections, prohibited items,
and tips on how to make the process go
well. Customs inspectors will be there to
answer questions

For questions and reservations call
MT1 McCreary:
829-1824

Movie Schedule

Sustainer Reel Time Theater

(schedule is subject to change)

October 30

3 p.m. Undiscovered
6 p.m. Four Brothers
9 p.m. Skeleton Key

October 31 Halloween Marathon

6 p.m. Amityville Horror
7:30 p.m. Exorcist: The Beginning
9:30 p.m. Freddy vs. Jason
11:10 a.m. Seed of Chucky

November 1

3 p.m. Four Brothers
6 p.m. Valiant
9 p.m. North Country

November 2

3 p.m. Skeleton Key
6 p.m. North Country
9 p.m. Four Brothers

November 3

3 p.m. North Country
6 p.m. Undiscovered
9 p.m. Valiant

November 4

3 p.m. Undiscovered
6 p.m. 40 Year Old Virgin
9 p.m. Dreamer

November 5

3 p.m. March of the Penguins
6 p.m. Undiscovered
9 p.m. Dreamer



Religious Schedule

Roman Catholic Mass

Wednesday 11 a.m. Air Force Hospital
Saturday 5 p.m. Tuskegee Chapel
Sunday 8:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 11 a.m. Provider Chapel
Sunday 8 p.m. Provider Chapel Annex
Mon.-Fri. 7 p.m. Tuskegee Chapel

Sacrament of Reconciliation

(30 minutes prior to each mass)

Church of Christ

Sunday 11 a.m. Aviation Village 1/245th ATS
Conference Room

Islamic Prayer

Friday 12:30 p.m. Provider Chapel

Samoan Congregational Service

Sunday 4 p.m. Provider Chapel

Latter Day Saints

Sunday 1 p.m. Provider Chapel
Sunday 3 p.m. Freedom Chapel
Sunday 7 p.m. Tuskegee Chapel

FHE Provider Chapel Annex 7 p.m.

Jewish Prayer

Friday 6:30 p.m. Provider Chapel Annex

Protestant-Gospel

Sunday 11 a.m. Sustainer Indoor Theater
Sunday 11:30 a.m. Freedom Chapel
Sunday 7 p.m. Provider Chapel

Protestant Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 5:30 p.m. Tuskegee Chapel
Sunday 6:30 p.m. MWR Tent 29th Spt. Bn.
Sunday 7 p.m. Freedom Chapel
Wednesday 7:00 p.m. Freedom Chapel

Protestant-Contemporary

Sunday 11 a.m. Town Hall

Protestant-Traditional

Sunday 7:30 a.m. Air Force Hospital Chapel
Sunday 9:30 a.m. Provider Chapel
Sunday 10 a.m. Freedom Chapel

Religious schedule subject to change

Movie Synopsis for Oct. 30 - Nov. 5

Skeleton Key

PG-13, horror, 104 min
Kate Hudson, Gena Rolands

Caroline is a twenty-five-year-old hospice worker who cares for the ailing and the elderly, a job designed to atone for her own mistake of ignoring her dying father in the past, when she had been a rock 'n' roll manager. After her latest charge passes away, Caroline takes a job in Louisiana, caring for Ben, a stroke-victim who is bed-ridden and cannot speak. But Caroline becomes suspicious of the house, and Ben's cold wife, Violet only adds to the creepy atmosphere. After acquiring a skeleton key, Caroline makes her way into a secret room within the attic where she discovers hair, blood, bones, spells, and other instruments for practicing voodoo.

The 40 Year Old Virgin

R, comedy, 116 min
Steve Carell, Catherine Keener

40-year-old Andy has done quite a few things in his life. He's got a nice apartment with a proud collection of action figures and comic books, good friends, and a nice attitude. But there's just one little thing he hasn't quite gotten around to doing yet — something most people have done by his age. Andy's never, ever, ever had sex. His friends at the store consider it their duty to help, but nothing proves effective enough until he meets Trish, a 40-year-old mother of three. Andy's friends are psyched by the possibility that "it" may finally happen...until they hear that Andy and Trish have begun their relationship based on a mutual no-sex policy.

Four Brothers

R, drama, 109 min
Mark Wahlberg, Andre Benjamin

After their adoptive mother is murdered during a grocery store hold-up, the Mercer brothers — hotheaded Bobby, hard-edged Angel, family man and businessman Jeremiah, and hard rocking Jack — reunite to take the matter of her death into their own hands. As they track down the killer, they quickly realize that their old ways of doing business have new consequences.

North Country

R, drama, 126 min
Charlize Theron, Francis McDormand

True story centered on Lori Jenson, who took a job at a Minnesota iron mine in 1975. She and other female miners endured harassment from male co-workers, ranging from verbal taunts to pornographic graffiti and worse. Jenson eventually filed suit in 1984 and won a landmark legal decision.

Undiscovered

PG-13, drama, 97 min
Pell James, Steven Strait

An aspiring New York model falls in love with a struggling musician when they suddenly cross paths on a subway train. Having achieved success as a model, she decides to move to L.A. to launch an acting career. With the support of her acerbic agent she lands a spot in a highly sought after acting class where she befriends another would-be actress.

Med supply units pass the torch



Staff Sgt. Corey Lord, maintenance technician with the 32nd Medical Logistics Battalion, troubleshoots a machine used in urine tests.

By Sgt. Ty Stafford
Staff Writer

Distributing medical supplies is an important key to saving lives on the battlefield and the 32nd Medical Logistics Battalion has helped to streamline those operations in Iraq.

The 32nd, from Fort Bragg, N.C., took over logistics operations from the 226th MEDLOG Bn. in January and is based at LSA Anaconda.

As the only MEDLOG battalion in country, the 32nd supported the 1st Corps Support Command by aiding in the distribution of medical supplies and maintenance of medical equipment. The 32nd consists of a headquarters detachment, a distribution company and logistics support company.

"Our overall mission was to provide medical logistics, which included medical material, optical fabrication, blood storage distribution and medical maintenance for basically all of Iraq," said Lt. Col. Mitchell Brew, battalion commander for the 32nd MEDLOG.

The battalion's 460 customers ranged from aid stations to combat support hospitals where forward distribution teams performed customer service relations, Brew said.

To decrease wait time for medical supplies, the battalion created a customer direct distribution system. Using the system, customers request supplies through the MEDLOG and if the supplies are on the shelf at the battalion warehouse at Anaconda, it is a three to five day turnaround. When supplies are not on the shelf, the 32nd orders from Qatar or Germany.

"If the supplies are on the shelf there [in Qatar or Germany], then we ship the

items directly to the customer. The old system had all medical supplies coming directly to Balad," said Maj. Richard Webb, the 32nd MEDLOG's executive officer.

During the last rotation it took more than 10 days for supplies to reach the end user.

The battalion receives thousands of orders a month and has 688 line items available at the warehouse to keep medical personnel ready for any contingency.

"The Soldiers did a truly outstanding job. We fixed a lot of the distribution problems and we had a zero percent defect in blood distribution," Brew said.

Blood has become a vital necessity for operations in Iraq and the battalion's blood distribution section has processed and shipped more than 32,500 units of blood and 912 units of those using the short shelf-life cross-leveling program.

The short shelf-life redirect program was initiated this rotation by the 32nd to distribute blood nearing its expiration date to surgical hospitals like the 86th CSH in Baghdad and the 228th CSH in Mosul that have a higher probability of using it, Brew said.

The blood distribution section was not the only enhancement the battalion made this rotation.

The optical fabrication laboratory enhanced the ability of Soldiers with glasses to see with clearer prescription glasses.

Optometrists went to 28 forward operating bases to perform eye exams and issued almost 22,000 pairs of glasses including the new Frame of Choice option and tactical inserts for the Rapid Fielding Initiative goggles issued before coming into country.

"It was quite a feat by any standards,"

Brew said of the seven Soldiers working in the optometry fabrication section. "OIF II only issued out 5,500 pairs."

Besides material distribution, the battalion had a maintenance staff on the road and at Balad providing direct and support level maintenance on several pieces of equipment.

A major mission this rotation for the medical maintenance team was fixing and diagnosing Computerized Tomography (CT) scanners at field sites and at Anaconda.

"CTs are lifesavers. When they go down, Soldiers could die," said Staff Sgt. Corey Lord, a maintenance technician in Co. A.

The battalion sent several Soldiers to a six-week long civilian training course sponsored by the manufacturer in order to enhance their knowledge of the scanners.

"I think the training helped a lot, but the hands-on stuff we did this year working on the machines will be more of a help in the future," Lord said. In the past year, Lord and other technicians responded to 18 emergency missions when equipment broke down and kept essential medical equipment in operation for care providers.

"This has been a great rotation and I couldn't be more proud of the job they've done. Medical logistics is an important part of healthcare and I truly believe the 32nd helped save lives on this rotation," Brew said.

The battalion will leave next month and will be replaced by the 226th MEDLOG from Miesau, Germany.

With 40 percent to 50 percent of the battalion returning in the following rotation, the Soldiers will use this year's experiences as the backbone for a successful tour next time.

Mark Gibson: NCO of the Year for 122nd CSG

By Spc. Spencer Case
Staff Writer

No task is too daunting for Staff Sgt. Mark Gibson, be it learning new skills while on the job, assisting his Soldiers in about 280 civil affairs missions or filling a sergeant first class position. That's why he is the NCO of the year of the 122nd Corps Support Group.

"He's professional," said Master Sgt. Steven Hancock, the NCOIC of combined communication systems automation management office (CSSAMO). "He's an NCO by all traits ... If you give him a task, you know that task is done."

When Gibson deployed to Iraq in November as a supply sergeant, he didn't know anything about computers, he said. However, Gibson was forced to learn when the CSSAMO section he worked for, normally responsible for programming and trouble shooting all supply-related software from Baghdad to Kuwait, was also tasked to configuring all computers at Logistical Support Area Adder to the specifications of the system administrator.

"At first it was very difficult," Gibson said. "It's still kind of difficult, but we got better."

In March, Gibson tested his progress when his unit was assigned to upgrade the operating systems on 250 computers in a week's time. Gibson implemented a plan using teams of two to complete each computer. At the end of the week, all computers had been successfully upgraded without any errors.

In addition to helping provide automation support for 7,200 troops, Gibson has helped his Soldiers complete a total of about 280 civil affairs missions assigned by the 122nd CSG. Before the Soldiers left, Gibson would arrive at the housing area and make sure each Soldier had the proper equipment and proper frame of mind.

Gibson took charge of the 8 a.m. to 3 p.m. shift leader position — usually occupied by a sergeant first class — from November to February when the person holding that position was at another location. Even though he was in charge during the busiest shift, Gibson's superiors say he didn't have any problems keeping things under control.

"He stepped up without any hesitation," said Chief Warrant Officer 2 Adrian Levett, the automation chief for the 122nd CSG CSSAMO. "He's been a great asset to the mission of the 122nd and to 1st COSCOM. If I'm ever in combat ... or any situation, I'd have him with me if I had the choice."

Unit cross-leveled in support of OIF

By Staff Sgt. Monika Comeaux
Staff Writer

MOSUL, IRAQ — The Army, like the country it serves, is often called a melting pot. To meet mission requirements, Soldiers are often cross-leveled into other units as they deploy to Iraq or theaters elsewhere, making the Army even more of a melting pot.

It doesn't occur that often however, that an entire Reserve section or platoon is reassigned to another Reserve unit for the duration of their deployment.

The 298th Maintenance Detachment stationed in Mosul, Iraq is one of the few sections this happened to. They are a platoon-size element of the 298th Maintenance Company from Altoona, Pa. They were assigned to the 872nd Maintenance Company from Ogden, Utah, to support their mission at Logistical Support Area Diamondback.

"We were still in Altoona, Pa. when we found out. The major, well captain at that time, came down and said that we will be augmenting his company, the 872nd from Utah," said Sgt. Bradley C. Kiser, a radio and communication security specialist from the 298th. He now works in the communications and electronics section of the company.

"I was a little apprehensive at first, but it is actually working out pretty well," said Spc. Lyle O. Hill, also from the 298th. Hill repairs night vision goggles and computer switchboards, and just about anything else that comes through their little shop. This is his first deployment during his six-year military career.

This is Kiser's second tour to Iraq. He was on active duty the first time and spent a year in theater. He received his release from active duty in January, immediately joined the Army Reserve and by March had deployment orders bringing him back to Iraq. He's not originally from the 298th. He was cross-leveled into that unit from Oklahoma.

"When I first met them, they teased me about my thick accent, which I have learned to cover since quite well," said Kiser laughing about his initial encounters with his fellow Soldiers in the 872nd.

"I have worked with several different units in the past," said Spc. Jeffrey D. Crowder, who also works on



Photo by Staff Sgt. Monika Comeaux

Spc. Chad E. Wagner, Spc. Jason L. Musselman and Pfc. Gary A. Nalls, all wheeled vehicle mechanics from the 298th Maintenance Detachment supporting the 872nd Maintenance Company, sort out newly arrived spare parts on Oct. 2 at LSA Diamondback, in Mosul, Iraq. The Soldiers of the 298th are all assigned to different sections of the 872nd based on skills.

night vision goggles and different types of electronic equipment. "We are all easy to get along with. Everybody in the Army is."

Because the Soldiers of the 298th all have different jobs, they work in the sections corresponding to their military occupation specialties, said 1st Lt. Michael D. O'Farrell, executive officer of the 872nd. For example, they may work in the generator repair section, in the automotive section or in the arms room. This also allows them to blend in more, and work side by side with Soldiers of the 872nd, O'Farrell said.

Having the 298th aboard, also allowed the 872nd to lend a helping hand to other motor pools and some transportation companies on Diamondback, whose equipment wasn't quite in mint condition, he explained.

Although the Soldiers of the 298th are fully integrated into the sections of the 872nd, the company housed Soldiers from the 298th together, so they would have a chance to spend time with each other and maintain some sort of 'detachment' integrity, O'Farrell added.

"Teamwork within the company is at a high standard. We did a lot of things as a team since we came over here," Hill added. He also said that the Soldiers' morale right now is high, but they have just begun their year in Iraq.

"Everybody gets along really well. They are very good people to work with," Crowder said. When something needs to get done, the Soldiers all pull together and get the job done.

All Soldiers work together in each section, regardless of what unit they are originally from, Kiser said.

Everybody in the company goes through the same chain of command, their problems or issues are handled the same way.

If and when the company finally receives the new Army Combat Uniforms, they will be ordered for everyone, not only for Soldiers of the 872nd, O'Farrell explained. Regardless of where the Soldier came from originally, now they have all been 'melted into' the 872nd Maintenance Company.

Gen. Abizaid puts out memo on photographs and video

By Sgt. Marshall Thompson
Editor

The commander of U.S. forces in Iraq and Afghanistan issued a memorandum on Oct. 21 threatening legal action for servicemembers and civilians who take pictures or video of detainees or human casualties while deployed.

According to the memorandum signed by Gen. John Abizaid, its purpose is "to prohibit photographing or filming detainees or human casualties, as well as the possession, distribution, transfer or posting, whether electronically or physically, of visual images depicting detainees or human casualties, except as required for official duties."

The policy is to ensure that U.S. military personnel and civilian employees treat detainees with respect. It's also

to affirm the professionalism with which all Soldiers are supposed to conduct themselves, according to the memorandum.

It adds that this policy has a "determined emphasis on good order and discipline, operational security, and force protection.

The action is a punitive measure and servicemembers and civilians who are caught violating the policy can be charged under the Uniform Code of Military Justice or with criminal charges in a U.S. court of law.

The policy is effective immediately.

The memorandum states that this information should be disseminated to the lowest level. Make sure to inform all of your subordinates.

For a PDF of the memorandum, contact Sgt. Marshall Thompson at chokehold.thompson@us.army.mil.



Courtesy photo

Gen. John Abizaid, commander of U.S. forces in Iraq and Afghanistan.

AROUND 1st COSCOM



Marathon? More like mara-fun

The winners and one of the main organizers of the Oct. 9 Taji marathon pose for a picture at the awards ceremony on Oct. 22. The winners received trophies, certificates and gifts.



Photo by Sgt. Jason Mikeworth

No, seriously, I have to drill

Col. Robert Erlach of the 373rd Medical Company takes a moment to joke during a dental examination for Spc. Ronald Barker.



Photo by Staff Sgt. Engels Tejeda

Grrrr, you're a tiger

British servicemen with the Kings Royal Hussars pose for a photo on an American humvee at a coalition base near Basra, Iraq.



Courtesy photo

400 pounds for a freer Iraq

One of the winners of the bench press competition at the H6 housing gym lifts 400 pounds.